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Monday, February 25, 2013

News
worth
sharing.

Devastating house fire claims life of one woman

Investigation.

Crews probe Calgary's second fatal blaze in less than a month

 **JEREMY NOLAI**
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Neighbours frantically rushed to alert each other to a fast-spreading fire in a southwest Calgary community late Saturday, but a woman inside the home where the blaze originated didn't make it out.

Investigators believe all three storeys of the home in the 100 block of Evergreen Way S.W. became engulfed within four minutes of the first recorded emergency call — some neighbours reported a massive fireball and loud popping noises shortly after flames were first spotted.

The identity of the female victim had not been released late Sunday. It's believed at least three people lived in the home but two were travelling out-of-country.

Quoted

"If it was windy it could have been much worse."

Jeff Boyd, neighbourhood resident

Damage inside the house was so severe that crews were brought in to demolish it before efforts could be made to recover the body.

Peter and Lisa Zissos were just arriving home from a hockey game around 11 p.m. when they noticed a smoky haze that appeared to be rising from the home.

Lisa went to knock on the door while her husband called 911.

"The door was hot ... there was no answer," she said. "You could see inside — it was totally smoky, engulfed."

Within seconds, flames begin shooting out of the chimney. The Zissos fanned out to warn others living in surrounding homes.

Calgary fire Chief Bruce Burrell toured the aftermath of the blaze Sunday and said it could take days to determine

mine a cause.

"Of course, our condolences always go out to people when events like this occur," he said.

"We try very hard as an organization to make sure we do public safety messaging ... our goal (is), of course, to have no fatalities from fire in the run of a year in the City of Calgary."

Neighbours flocked to the scene Sunday, many openly expressing shock that surrounding houses only suffered minor damage.

"You can see there's ash all along the tops of the houses," said father Jeff Boyd, who lives a few doors down. "If it was windy it could have been much worse."

Area Ald. Diane-Colley Urquhart attended the scene of the blaze Sunday afternoon and said she plans to tour the community in the coming days and discuss any concerns residents may have.

The fire comes just weeks after another blaze in the northwest community of Varsity claimed the life of Calgary mother Sherri Nicholls.



A neighbour captured this photo of a house fire late Saturday that gutted a home on Evergreen Way S.W. and claimed the life of a woman whose body was found in the basement Sunday. PHOTO COURTESY OF DIANE ZUBER



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Woman killed

'We care' event planned in wake of hit-and-run

Community members plan to come together to show they care after a woman was hit by two vehicles in a northwest Calgary community last week and died in the street as the drivers drove off.

Wong Shuk Yee, known more commonly to friends as Rachel, died holding the hand of mother Tonja Beach, who lives along Sandstone Drive N.W. where the collision occurred.

Beach openly criticized the drivers who refused to stop and passersby who carried on with their morning commute after witnessing the horrifying scene.

"There's no compassion left in this city," she said.

But now area community associations, city police and Ald. Gael MacLeod are planning to host an event at the Sandstone bus terminal it's believed Wong was heading to Wednesday, promoting road safety and encouraging any other witnesses to come forward.

"This is to let people know that Sandstone is a caring community," MacLeod said. "We also want to provide people who saw something but may be nervous about coming forward a place to do so in a safe way."

MacLeod is also hoping to have brochures on road safety distributed and police officers on scene to address community concerns. The event will begin at 6:30 a.m. Wednesday.

Police have charged a man allegedly behind the wheel of the first vehicle that struck Wong, a Ford Taurus, but continue to search for the driver of a dark-coloured sedan believed to have hit the 56-year-old and dragged her several metres.

JEREMY NOLAIS/METRO



The amount of solid waste making its way down the hundreds of thousands of toilets in Calgary is growing faster than the city's ability to disperse the treated material through existing methods. ROBSON FLETCHER/METRO

We need to find a place for all this crap

Biosolids. Technical term for waste that's mainly excrement, but also food that's gone down the drain



ROBSON FLETCHER

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the city's utilities committee, which will address the issue this week.

Most of the "biosolids" pulled from Calgary's wastewater are currently handled through the city's Calgro program, which sees the processed, nutrient-rich material injected into nearby agricultural land as fertilizer.

But, the report states, "the Calgro program cannot keep up with the increasing volume of biosolids" and the city needs "a long-term, reliable biosolids management program."

That's why city staff is recommending Calgary move forward as quickly as possible with the creation of a large-scale composting facility, which could handle a significant volume of the

excess material.

"We're only going to produce more, as we're a growing city," said committee chair Ald. Brian Pincott. "This is another argument for why we need a composting facility and we need it now."

In addition, the report says the city would need to build a "dewatering facility" that would concentrate the waste before it could be added to the compost heap.

No cost estimates are provided in the report, but Demong said the dewatering facility alone would require a "substantial sum of money."

Still, he said, it appears there aren't any more cost-effective options for dealing with the excess waste and notes the material can be a "valuable resource" both as

The scoop on our poop

- Calgary pumps out roughly 900,000 cubic metres of "biosolids" each year. That's the equivalent of 360 Olympic-size swimming pools.
- In terms of dry weight, that works out to roughly 22,000 tonnes.
- About 70 per cent of the material is currently applied to agricultural land, but the excess is starting to accumulate in the city's settling lagoons.

fertilizer and when "used in tandem with the composting centre."


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NEWS

Calgary Olympic venues continue to stand test of time

Legacy. A quarter century later, facilities continue to see both recreation and top-level competition

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Many Olympic sports require specialized facilities that, after the games are over, often fall into disrepair or are dismantled altogether.

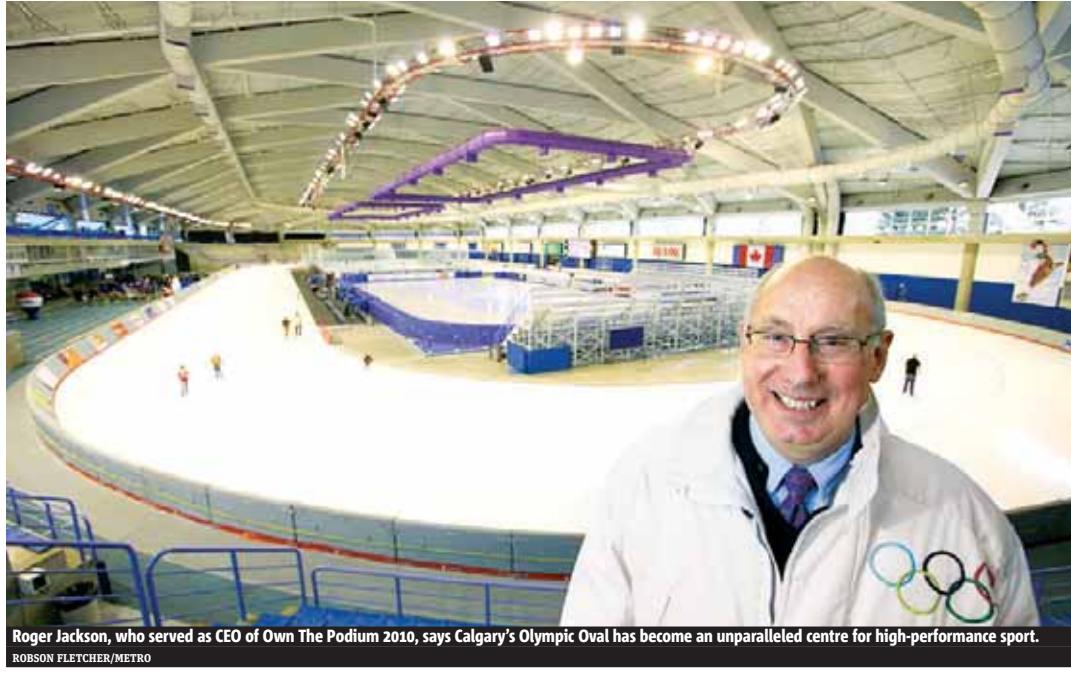
Calgary, however, has managed to not only maintain most of the venues it built for the 1988 Winter Games but expand on them, too.

"The facilities here are not only still relevant, they're flourishing," said Dale Oviatt, communications director for Winsport, which operates the ski hill, sliding tracks, ski jumps and ice surfaces at Canada Olympic Park.

"When you look at some of the previous countries that have hosted Winter Olympics," Oviatt added, "their venues are no longer used for what they were intended for, or they're completely shut down."

By comparison, COP still hosts World Cup luge, bobsled, and skeleton events, as well as freestyle ski and snowboard competitions. The same facilities are also regularly used for public recreation.

The national ski jumping team still trains on COP's smaller ski jumps, and while



Roger Jackson, who served as CEO of Own The Podium 2010, says Calgary's Olympic Oval has become an unparalleled centre for high-performance sport.

ROBSON FLETCHER/METRO

the largest jump is no longer in use, Oviatt said it's largely because athletes' ability and equipment have advanced so much the jump would need to be retrofitted for safety.

"They would pretty much almost land on the Trans-Canada Highway," Oviatt said.

The Olympic Oval at the University of Calgary, meanwhile, has not only remained a hub for competition and training — and become known for being "the fastest ice in the world" — but has

also grown into a centre for sporting excellence, in general.

"This building, connected with the sport medicine centre, Canadian Sport Centre Calgary, and the research laboratories at the university, has created one of the greatest training environments you will find in any country, in any city in the world," said Roger Jackson, who served as CEO of Own The Podium 2010.

"You just cannot put together what we have put

together on the campus for high-performance sport."

Two-time gold Olympic medallist Catriona Le May Doan recalled dreaming of a facility like the Oval as an aspiring young speed skater in Saskatchewan, but thinking it would never become a reality.

"Back in Saskatoon, I remember seeing the models of this oval and thinking, 'That would never, ever happen,'" she said. "And yet, it did happen. And it happened because of these '88 games."

Dome of record

- In the past 25 years, a total of 287 world records have been set at Calgary's Olympic Oval in long-track and short-track speed skating.
- Meanwhile, the Richmond Olympic Oval, built for the 2010 Winter Games in Vancouver, is no longer used for speed skating.

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Queue-jumping

U of C associate dean to testify in public inquiry

Taking stage Monday at a public inquiry is what role, if any, the University of Calgary played in a queue-jumping scandal that occurred on its property that allegedly involved a high-ranking employee.

Dr. Ron Bridges, an associate dean in the faculty of medicine, is to testify in Calgary about his involvement with the privately run Helios Wellness Centre.

It has been alleged by witnesses that associate dean Bridges, with help from others, arranged to have Helios patients moved to the front of the line for colon cancer tests at the Forzani and MacPhail Colon Cancer Screening Centre, which rents space from the university but is funded and operated by the province. **THE CANADIAN PRESS**

Respiratory infection

2nd penguin dies at Calgary Zoo

Calgary Zoo officials have announced the death of a second penguin in three months.

Asa, one of eight king penguins introduced last year as part of the zoo's new Penguin Plunge exhibit, was found dead by staff members Sunday, according to a statement.

"The post-mortem examination showed that her chronic respiratory infection ... was too deeply entrenched to respond to the medication," the statement reads. **METRO**



A Route 3 bus makes its way down Elbow Drive in Calgary. Some are calling for an express version of the bus to be added. ROBSON FLETCHER/METRO

'Elbow Express' could be coming soon to Calgary

Fewer stops. Call for some vehicles on busy Route 3 to be added to Calgary Transit's '300-series' of bus rapid transit

 ROBSON FLETCHER
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Call it the Elbow Express?

Calgary Transit's heavily used Route 3, much of which runs down Elbow Drive, has been identified for the potential conversion of some buses to limited-stop service as a means

of speeding up the commute for long-distance riders.

Peter Schryvers of Trans-Camp, a local citizens' group devoted to improving public transit service in Calgary, raised the idea during a recent meeting of the city's transportation committee.

Calgary Transit has seen quite a bit of success with its express "300 series" of bus routes, Schryvers noted, and it ought to look at expanding the service.

"A specific example would be the (Route) 3," he said. "It might be worth investigating whether that can be a limited-stop service, as well."

Ald. Brian Pincott, whose ward includes most of the

popular route, agreed.

"It's very high demand from the south end of the city," he said. "We can put as many buses as we can onto that route in the morning and we know that by the time it gets to Glenmore Trail coming out of the south, each bus is full."

Articulating buses currently being used as shuttles during reconstruction of the Chinook LRT station could be turned into express buses on Route 3, said Chris Jordan, project manager for RouteAhead, the city's longer-term transit plan.

"We could look at the potential to use those elsewhere in the system, once that project is wrapped up," Jordan told the committee.

Politics. Alderman deems land-use GM's comments 'offensive'

Accusing him of making "off-the-cuff" and "offensive" comments, a Calgary alderman plans to take the city's general manager of land-use planning to task Monday.

Ald. Diane Colley-Urquhart said comments from General Manager Rollin Stanley comparing Calgary to American cities he appears to view in higher regard and claims that few, if any, new area structure plans would be approved in the next decade have rubbed some industry leaders the wrong way.

"I think the other thing about Mr. Stanley is he's not from Calgary, he doesn't know us and for him to im-



pose some of his conceptual theories and criticisms on our city, the way we've built our city and compare us to some of the American jurisdictions that he has worked in, I find that offensive," Colley-Urquhart said. "I will continue to be one of his biggest challengers."

The suburban alderman's comments come just days after a letter from Mayor Naheed Nenshi's office surfaced indicating the Canadian Home Builders' Association has been suspended from city committees until comments made by regional President Charron Ungar are clarified or retracted.



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Brother of Oscar Pistorius also charged in death of a woman

Accused of negligent killing. Carl Pistorius had charges dropped, then reinstated in lethal traffic accident

The murder case involving Olympic star Oscar Pistorius took another unexpected turn Sunday with the news that his older brother, Carl, is himself facing charges for the death of a woman in a traffic accident.

Carl Pistorius faces a charge of unlawful, negligent killing for a 2008 road death, "in which a woman motorcyclist sadly lost her life," Kenneth Oldwage, the Pistorius family lawyer, said on Sunday. The accident happened in Vanderbijlpark, south of Johannesburg. The charge of "culpable homicide" was dropped and then reinstated and will be challenged in court, the lawyer told The Associated Press.

To drop and then reinstate charges is "not uncommon in South African criminal law.

The law specifically makes provision to allow charges to be dropped and then to be reinstated as a result of further investigations," said Jacob van Garderen, director of Lawyers for Human Rights. "It is a practical procedure, a process that is there to assist both sides."

This past weekend, model Reeva Steenkamp, who was shot to death by Oscar Pistorius on Valentine's Day, was on television again in a new episode of the reality show *Tropika Island of Treasure 5*, even though she was buried last Tuesday.

On Monday, Oscar Pistorius must report to the police station in Brooklyn, a suburb of the capital Pretoria, and sign in, a twice-weekly procedure that is part of his bail conditions.

Pistorius was released on bail Friday and stayed at the home of his uncle Arnold in Waterkloof. His brother Carl came to visit the house Sunday.

Oldwage said that "Carl deeply regrets the accident"

Investigator also charged

It is the second time someone associated with the case has been found to face a charge that had been dropped and reinstated.

- The chief police investigator faces charges of seven counts of attempted murder for allegedly shooting at a vehicle with seven passengers.
- Hilton Botha was removed from the Pistorius investigation following the revelations, and a new chief detective was appointed on Thursday.

and that a blood test showed he was not drunk at the time.

Oscar Pistorius was charged with premeditated murder, but the athlete says he killed his girlfriend accidentally, opening fire after mistaking her for an intruder in his home. **THE ASSOCIATED PRESS**



Brother Carl Pistorius, right, and father Henke attend Oscar's bail hearing Tuesday. **THEMBA HADEBE/THE ASSOCIATED PRESS**

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Syrian rebels aim tanks at strategic police academy

Rebels backed by captured tanks launched a fresh offensive on a government complex housing a police academy near the northern city of Aleppo on Sunday, while the government hit back with airstrikes to try to protect the key installation, activists said.

If rebels capture the complex, it would mark another setback for President Bashar Assad. In recent weeks, his regime has lost control of key infrastructure in the northeast, including a hydroelectric dam, a major oil field and two army bases along the

road linking Aleppo with the airport to its east.

Rebels have also been hitting the heart of Damascus with occasional mortar shells or bombings, posing a stiff challenge to the regime in its seat of power.

On Saturday, opposition fighters in the eastern province of Deir el-Zour overran a military post believed to have once been the site of a partly built nuclear reactor, which Israeli warplanes bombed in 2007.

It was not clear what the site was being used for most recently. **THE ASSOCIATED PRESS**

Comic casualty

Also on Sunday, prominent Syrian comedian Yassin Bakoush was killed in Damascus.

- **Cause.** State news and anti-regime sources disagree on whose explosives were responsible for his death.

- **Role.** Bakoush, 75, was known for playing characters that were likeable but naive and dim-witted.

Nine-nation trip

John Kerry on tour for Syrian solution

U.S. Secretary of State John Kerry embarked Sunday on his first official overseas voyage in a mission for new ideas on the Syrian crisis.

Kerry left Washington to start a gruelling nine-nation, 10-day trip to Europe and the Middle East. In addition to Syria, he will focus on conflicts in Mali and Afghanistan and Iran's nuclear program. **THE ASSOCIATED PRESS**

Holy See ya later

Pope gives final Sunday blessing

Pope Benedict XVI bestowed the final Sunday blessing of his pontificate on a cheering crowd in St. Peter's Square.

"But this doesn't mean abandoning the church," he said, referring to his Thursday departure for a quiet, monastic life. "Prayer is not isolating oneself from the world and its contradictions." **THE ASSOCIATED PRESS**

Scotland

Cardinal under investigation

The Vatican is looking into allegations of "inappropriate behaviour" by Cardinal Keith O'Brien, Britain's most senior Catholic cleric, officials said Sunday. The claims come at a sensitive time, as cardinals prepare to choose the next pope.

British newspaper The Observer reported that three priests and a former priest made the allegations. **THE ASSOCIATED PRESS**

Feds dispute dismal global freedom of information ranking

Canada dropped to 55th of 93 countries. Harper government fights back, saying it has a solid record for openness

The Harper government is dismissing a report that ranks it 55th in the world for upholding freedom of information, saying it has a sterling record for openness.

But a four-page document outlining the federal rebuttal took five months to release after a request under the Access to Information Act — underscoring the very delay problem that contributed to Canada's dismal ranking.

A human-rights group based in Halifax has issued three report cards since 2011 on Canada's anemic standing in the world with regard to so-called right-to-



Suzanne Legault, Canada's information commissioner THE CANADIAN PRESS FILE

know legislation.

The Centre for Law and Democracy used a 61-point tool to measure Canada's legislation against that of other countries, in co-operation with Madrid-based Access Info Europe.

Canada's standing in September 2011 was 40th of 89 countries, fell to 51st in June last year, then to 55th of 93 countries last September, behind Mongolia and Colombia.

"While standards around the world have advanced, Canada's access laws have stagnated and sometimes even regressed," the centre concluded, noting Canada was a world leader in 1983 when its federal information law came into force.

The research won praise from Canada's information commissioner, Suzanne Legault, who said "the analysis that this group has done is going to be a really useful tool" in her own investigation into freedom-of-information issues.

But an internal memo last summer to Treasury Board President Tony Clement cites the report's "weaknesses," saying the methodology "does not allow for an accurate comparison of the openness of a society and of its government."

The centre has responded to the critique. "Although proactive disclosure is important, it does not guarantee access to categories of sensitive information ..." THE CANADIAN PRESS

Reform recommended

Lengthy extensions are an issue

A memo from Michelle d'Auray, then secretary of the Treasury Board that oversees the access-to-information system, criticizes the report. The internal memo was among a group of records requested from the Treasury Board last September by The Canadian Press under the Access to Information Act.

The law requires a response within 30 days, but the agency gave itself a 120-day extension — four additional months — so it could consult with the Privy Council Office, Prime Minister Stephen Harper's own department.

The report card from the Centre for Law and Democracy found that such unilateral, lengthy extensions are invoked too often by federal departments, calling delay a "classical way of effectively denying requests."

"Public authorities should be limited to one extension of no more than 30 days, applicable only in appropriate cases," the centre said.

'Time of sorrow.' Families, friends grieve five lost Nova Scotia fishermen

Hundreds of people gathered in churches in southwestern Nova Scotia on Sunday as friends and religious leaders urged their communities to offer support to the families grieving the loss of five young fishermen.

"This is a time of sorrow," said Sandy Stoddard, a veteran fisherman who was among the last to have radio contact with the captain of the Miss Ally, 21-year-old Katlin Nickerson.

"I've lost a piece of me," he said as he spoke tenderly to crying relatives in Calvary United Baptist Church in Woods Har-

bour, where about 500 people filled the pews.

Pastor Phil Williams urged the residents of the fishing village to continue supporting one another after a week filled with dashed hopes and criticism of the rescue and recovery efforts for the overturned hull of the boat.

The vessel's emergency beacon was detected by search-and-rescue officials last Sunday, as a storm with hurricane-force winds created massive waves over 100 kilometres southeast of Liverpool. THE CANADIAN PRESS



A memorial for five missing fishermen sits in the Calvary United Baptist Church in Woods Harbour, N.S., on Sunday. DEVAAN INGRAHAM/THE CANADIAN PRESS

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Netflix and TV go together like a horse and carriage: Report

Usage. Almost 1 in 3 homes with kids under 12 has a Netflix subscription, and 36% of homes with teens do

Canadian Netflix users stream an average of about an hour a day, watch another half hour's worth of content online, and catch another hour and a half of broadcast TV, suggests a study.

Most Netflix customers are not so-called cord cutters — a term to describe consumers who have cancelled their cable or satellite plan in favour of other content options — according to the report by the Media Technology Monitor, based on surveys with thousands of Canadians.

In fact, Netflix users were found to be more likely than other consumers to shell out for a premium TV package,



Netflix Canada is growing in popularity. PHOTO ILLUSTRATION BY GETTY IMAGES

even while paying \$8 a month for the streaming service. While 31 per cent of anglophone consumers said they pay extra for a premium TV package, the figure was 36 per cent among Netflix subscribers.

MTM estimated that about one in five anglophones were subscribing to Netflix in the fall and users watched an average of 6.4 hours on Netflix a week.

Subscribers appeared to be watching less TV on cable and

satellite, tuning in for about 11.3 hours per week compared to the 14.9 hours that non-users watched. But when adding their Netflix streams and content viewed online, they watched an average of more than 22 hours a week, well above the almost 16 hours for non-Netflix users.

As for demographics, 29 per cent of consumers aged 18 to 34 said they were Netflix users, followed by 27 per cent of those aged 35 to 49. **THE CANADIAN PRESS**



Case of the missing mural

A new stenciled rat holding a sign that reads "Why?" appears on the side of a shop beside where the old Banksy artwork was removed in London, England. The original artwork — Slave Labour — vanished earlier this month. It appeared on the website of a Miami auction house, due to be sold Saturday with an estimated price of between \$500,000 and \$700,000. But the BBC reported that the auction house confirmed the piece had been withdrawn from sale. **JORDAN MANSFIELD/GETTY IMAGES**

'Sequestration'

Canadians to feel the pain of U.S. debt reductions

Canada will feel the sting if U.S. Congress fails this week to avert what's known as sequestration, an array of massive spending cuts to a host of federal departments and agencies aimed at slashing America's \$16-trillion national debt.

On Thursday, \$85 billion in cuts for this fiscal year alone are slated to kick in. All told, sequestration would amount to \$1.2 trillion in budget reductions by 2021.

For Canadians, that means shopping trips to border communities will almost immediately become a hassle as they're confronted with waits of several hours at busy entry points. They'll also feel the effects when they fly, as U.S. officials cancel flights and shutter some control towers and airports.

Exporters, meantime, will face far longer cargo-processing times at borders as well. Business travellers will be ensnared in long lines at the border. **THE CANADIAN PRESS**

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Samsung takes on iPad Mini with Galaxy Note 8

Samsung Electronics is beefing up its tablet range with a competitor to Apple's iPad Mini that sports a pen for writing on the screen.

The Korean company announced on Sunday in Barcelona that the Galaxy Note 8.0 will have an 8-inch screen, putting it very close in size to the Apple's tablet, which launched in November with a 7.9-inch screen. It's not the first time Samsung has made a tablet that's in the Mini's size range: its very first iPad competitor had a 7-inch screen, and it still makes a tablet of that size, but without a pen.



Samsung will start selling the new tablet this spring at an undetermined price. It made

the announcement ahead of Mobile World Congress, the wireless industry's annual trade show, which starts today in Barcelona, Spain.

The Note 8.0 fills a gap in Samsung's line-up of pen-equipped devices between the Galaxy Note II smartphone, with its 5.5-inch screen, and the Galaxy Note 10.1, a full-size tablet.

Samsung has made the pen, or stylus, one of the tools it uses to chip away at Apple's dominance in tablets and high-end smartphones. Apple prefers to optimize its interfaces for fingers, mice and touchpads. **THE ASSOCIATED PRESS**

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ROMPING THROUGH CITY COUNCIL'S AGENDA



URBAN COMPASS

Janice Paskey
calgary@metronews.ca

City council meets today so let's tour the agenda, shall we?

First, will be an opening prayer to the Supreme Being. Next:

Naughty passes. Shocking, well not really, are people who sell their low cost (\$40) monthly bus passes at the end of the month. Ald. Diane Colley-Urqhart has a motion to examine this, and ask people to hand in old passes before they get new ones.

Recycling by foot. Ald. Andre Chabot will propose a motion to see if more bottle depots can be in more districts so people don't have to drive.

What about the women?

Our historical policy should insist some research into women is necessary. They did stuff, if you look.

Which I guess is as good a reason as any. Let me put in a bid for Hextall's wife, Alice Delphine, who today would have owned half the estate. So the John and Alice Hextall Park would sit at 5802 Bow Cres. N.W.

More male historical types. There will be a motion to designate "the establishment of Mission Rouleauville francophone settlement of National Historical Significance." It mentions Mission and Cliff Bungalow residents such as Charles and Edouard Rouleau, Jules and Victor Despins and Leon Beauchemin, who lobbied for and founded the Sainte Famille francophone parish, francophone education and many other regional francophone language and cultural services which exist today." Our historical policy should insist some research into women is necessary. They did stuff, if you look.

Supplementary property assessment and tax bylaw. This might come as a surprise but the city has found a way to get more money from you. Though properties are assessed on July 1 for property taxes, you'll get reassessed if there are improvements or occupancy after that. The city is counting on \$3.2 million more in reassessments. "Stanley, Rollin concurs with this report," says the footnote. He's our planning leader.

Framework for growth and change. Review of stakeholder suggestions. The language was beyond my comprehension but the footnote states: "Stanley, Rollin concurs with this report," too. So it must be OK, right?

Health risk

Ottawa calls for tanning beds to carry skin cancer warning labels

It's not yet moving to the sometimes hideous pictorial warning labels seen on cigarette packaging, but Ottawa wants to get the message across that tanning beds can be hazardous to your health.

Health Minister Leona Aglukkaq says Health Canada will soon require that all tanning beds carry warnings about skin cancer and other potential dangers.

The proposed changes come after several provinces moved to prevent the use of tanning beds by young

people.

Earlier this month, legislation took effect that would ban those under 18 from using tanning beds in Quebec.

Using indoor tanning equipment before age 35 significantly increases the risk of developing melanoma skin cancer, according to research by the International Agency for Research on Cancer.

Canada's proposed tanning bed labels don't forbid their use, but instead warn the devices are "Not recommended for use by those under 18 years of age."

The labels would also read: "Tanning Equipment Can Cause Cancer," and carry a list of other health risks associated with tanning.

THE CANADIAN PRESS

Final finish line for centenarian



KIN CHEUNG/THE ASSOCIATED PRESS

Setting the pace

Oldest marathon runner retires

The world's oldest marathon runner ran his last race on Sunday at the age of 101.

Fauja Singh finished the Hong Kong marathon's 10-kilometre race in a time of one hour, 32 minutes and 28 seconds.

The Indian-born runner, nicknamed the Turbaned Torpedo, had said that he would hang up his sneakers after the race in the southern Chinese city, just before his 102nd birthday.

Fauja Singh, world's oldest marathon runner. Singh explained that he took up running as a way to get over depression after his wife and son died in quick succession in India. The death in 1994 of his son took a particularly hard toll on Singh because of its grisly nature. Singh and his son, Kuldip, both farmers, were checking on their fields in the middle of a storm when a piece of corrugated metal blown by the wind decapitated Kuldip in front of his father's eyes.

Rising from the ashes



"From a tragedy has come a lot of success and happiness."

Fauja Singh, world's oldest marathon runner. Singh explained that he took up running as a way to get over depression after his wife and son died in quick succession in India. The death in 1994 of his son took a particularly hard toll on Singh because of its grisly nature. Singh and his son, Kuldip, both farmers, were checking on their fields in the middle of a storm when a piece of corrugated metal blown by the wind decapitated Kuldip in front of his father's eyes.

Toronto marathon man

Singh, a great-grandfather, became the oldest man to run a full marathon in Toronto in 2011, at the age of 100. But his record was not recognized by Guinness World Records because he doesn't have a birth certificate to prove his age. Singh has a British passport that shows his date of birth as April 1, 1911, while a letter from Indian government officials states that birth records were not kept in 1911.

Long-distance trek

Starting to run was no sweat

Singh went to live with his youngest son in London, England, after his other son died. That's where Singh attended tournaments organized by the Sikh community and he took part in sprints.

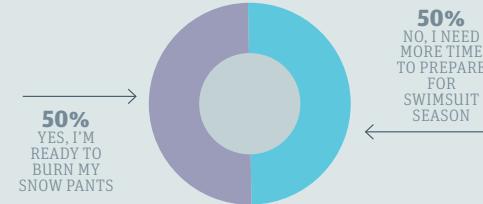
He met some Sikh marathon runners who encouraged him to take up long-distance running. One day he saw a marathon on television for the first time and decided that's what he wanted to do, too.

THE ASSOCIATED PRESS



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Are you counting down the days till spring?



Twitter

@randieanderson: The mountains are leaving me speechless right now. Wow! #yyc

@saunderswd: First run outdoors in a couple of weeks - #outdoorrunningis-thebest #yyc

@aimeehudson: Just got back from walking Padme, it is SO nice out there today in #YYC get yourself out and

enjoy the sun!!

@KerLucas: The busker outside Patagonia on Stephen Ave is awesome. He's wasting his talents on a Sunday crowd. #yyc

@chefraybear: Checking out the Calgary Cross-Roads market, reminds me of the old Halifax Brewery Market. #Halifax #yyc



The cast of Argo accepts the best picture award at the 85th Academy Awards in L.A. on Sunday. ALL PHOTOS GETTY IMAGES

A mixed bag at the Oscars

Hollywood's highest honour. Metro looks at the highlights of the 85th Academy Awards



NED
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Metro World News in Hollywood

It was Ben Affleck's night as his film, Argo, earned the top prize at the 85th Academy Awards. Despite Affleck being shut out of the best director race, his CIA-meets-Hollywood drama snagged the top prize of best picture in a night of scatter-shot awards distribution. Argo also earned Oscars for best adapted screenplay and for best editing.

Outside of the best picture race, there was no movie that had a clean sweep. Ang Lee's Life of Pi came closest, earning four awards — the most of any film this year — including best director for Lee, while Les Misérables scored three. Jennifer Lawrence earned the only award for Silver Linings Playbook, winning her first Oscar for best actress.

Daniel Day-Lewis also made movie history by becoming the first actor to win three best actor trophies after



Jennifer Lawrence

his win for Lincoln.

As expected, Michael Haneke's Amour won for best foreign language film and Anne Hathaway earned a trophy for best supporting actress for her role in Les Misérables as the tragic Fantine.

"I look up to you all so much, and it's just been such an honour," Hathaway said, paying tribute to fellow nominees Sally Field, Amy Adams, Jacki Weaver and Helen Hunt.



Daniel Day-Lewis

ting co-writer Paul Epworth finish up.

In a rare Oscars tie, the award for best sound editing was shared by Zero Dark Thirty and Skyfall. For history buffs, the last time there was a tie for an Oscar was in 1968, when Barbra Streisand shared the award for best actress with Katharine Hepburn.

Awards aside, the ceremony itself was something of a mixed bag, led by Family Guy creator and best song nominee Seth MacFarlane, known for both his love of old-school crooning and envelope-pushing humour.

MacFarlane opened the show by doing the seemingly impossible: making usually dour Tommy Lee Jones smile and laugh. He also poked fun at other nominees: "If you bumped into Don Cheadle on the studio lot, did you try to free him?" he asked nominee Day-Lewis. "How far did your method go?"

His monologue was interrupted by William Shatner on screen chastising him for doing a poor job, including singing a song about Oscar-nominated actresses going topless called We Saw Your Boobs.

Looking ahead

Even before the Oscars had been handed out, some were already looking toward next year's contenders.

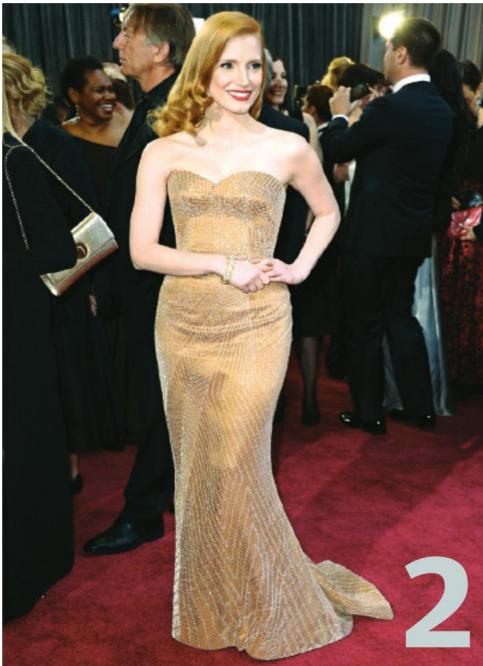
- According to Deadline, deals are reportedly in the works for perennial awards season heavyweight the Weinstein Company to acquire Grace of Monaco, starring Nicole Kidman as Grace Kelly, and Mandela: Long Walk to Freedom, starring Idris Elba as Nelson Mandela.



But it was rough sailing from there, including awkward bits by Paul Rudd and Melissa McCarthy and the cast of the Avengers. The choice to use the theme from Jaws to play off winners when they go long was also particularly odd.

One of the highlights of the ceremony was a rendition of Goldfinger by Dame Shirley Bassey during a tribute to the Bond franchise, even if it did seem too brief. And Catherine Zeta-Jones wowed the audience with All That Jazz from Chicago during a tribute to movie musicals.

Metro's Dorothy Robinson and The Kit's Nadine Anglin give us their take on the best and worst of the red carpet of all red carpets at the 85th Academy Awards in L.A. on Sunday



1 Jennifer Lawrence

First glance, Jennifer Lawrence's gown looks like it was made from curtains, von Trapp style, but with a fab tailor.

DOROTHY ROBINSON

2 Jessica Chastain

Va-va-va-voom! This is the way to do sexy at the Academy Awards. The nude, jewel-encrusted dress hugs every curve.

NADINE ANGLIN

3 Bradley Cooper

A classic tuxedo for a classic leading-man type. But really, Bradley could wear a paper bag and look dashing.

NADINE ANGLIN

On the web

For more Oscar fashion coverage, visit TheKit.ca



Red carpet hits... and misses



4 Anne Hathaway

Um. Did I just see Anne Hathaway's nipple? Did you? Help. Someone help me. Did I just see that? Guys. Someone get Anne Hathaway's stylist on the phone STAT. DOROTHY ROBINSON



5 Kerry Washington

The jewelled bodice is dazzling and the red colour was the perfect complement. Kerry is a hip glamour girl and a style icon on the rise. NADINE ANGLIN



6 Channing Tatum

Channing Tatum's tux looks like my prom date's rental. From 1997. DOROTHY ROBINSON

Oscar tweets

@TheAcademy

Everybody's a winner at the #Oscars tonight. Except, of course, for the people that lose.



@ericasara

Seeing tweets criticizing women's bodies on red carpet, esp from magazines representing health industry = extremely disappointing #FAIL

@AustenGilliland

Oscars, shmoscars, make some soup!

@Sid_Seixeiro

Dear Wife: You watched the entire Super Bowl. I will now sit through three hours of Red Carpet on E! We're even. Signed, Me.

@SarahInMI

My red carpet look? Oh, that'd be Old Navy flannel pajamas from their Fall 2011 collection.

@OwenBenjamin

It's funny watching fashion people pretend every tux doesn't look exactly the same.

The Word

Oscar swag



THE WORD

Dorothy Robinson
metronews.ca

It may be an honour just to be nominated for an Academy Award, but it's also lucrative. Just check out the gift bag all nominees receive, cultivated by Distinctive Assets:

- A trip to Australia worth \$12,000
- A one-week, all-inclusive trip to a fitness retreat worth \$4,100
- A three-night stay at the St. Regis in Punta Mita, Mexico, worth \$3,000
- A \$20 box of Naked Condoms
- A \$40 electronic cigarette
- A \$795 water filtration system
- \$60 worth of gluten-free macaroons
- \$406 worth of anti-aging hand lotion
- \$530 worth of Sedu hair-styling tools
- \$250 worth of Diet Pepsi
- A Samsung WB150F Wi-Fi-powered camera
- And a \$20 book, *Take 2: Your Guide to Happy Endings and New Beginnings*, by Leeza Gibbons. Because that's exactly what struggling actress Jessica Chastain needs — a self-help book by the former host of *Entertainment Tonight*.

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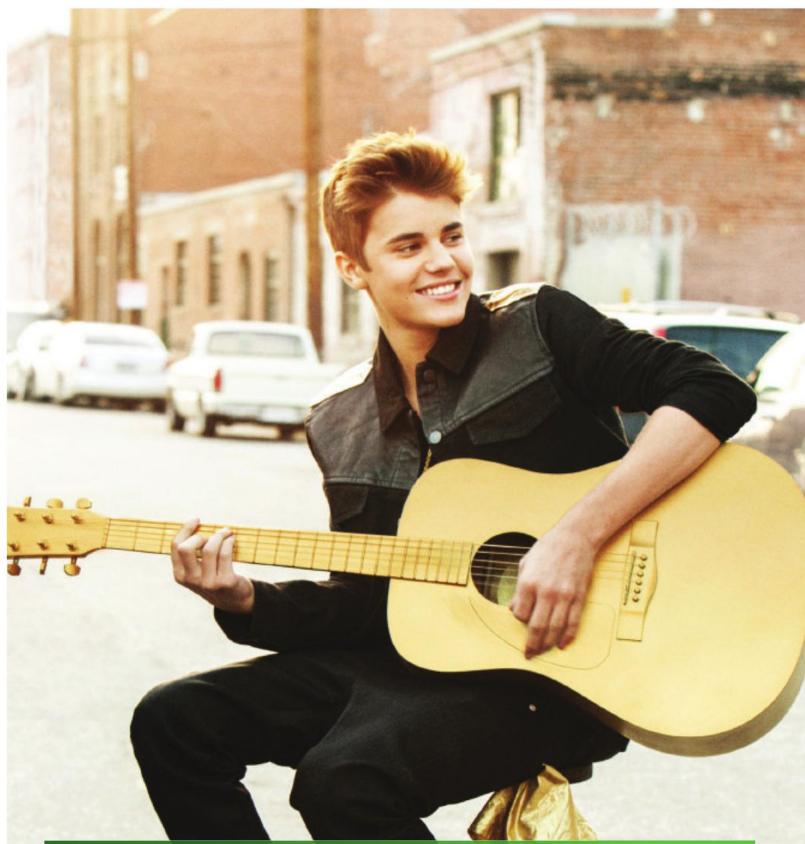
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3. Remember to share the love! Collect votes from your friends to increase your chances of landing the grand prize!

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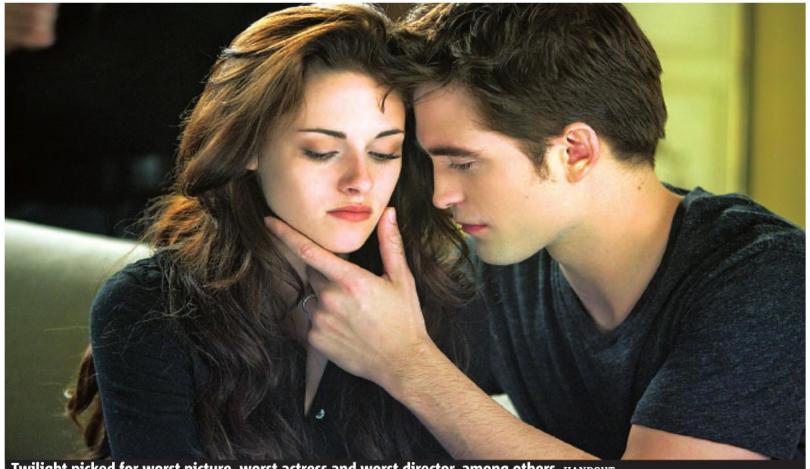
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No purchase necessary. Contest open to residents of Canada and certain other countries worldwide who are thirteen (13) years of age or older. Odds of winning depend on the number and caliber of eligible entries received. One (1) Grand Prize is available to be won, consisting of a trip to see Justin Bieber perform and meet Justin Bieber (approximate retail value of \$5,000 USD). Skill testing question required. Contest closes February 28, 2013 at 12:00AM CET. To enter and for complete contest rules visit www.facebook.com/metroint. Contest sponsors are Metro International S.A. together with its local Metro subsidiaries around the globe. The contest is in no way sponsored by Free Daily News Group Inc. or Pizza Pizza Limited. Neither Free Daily News Group Inc. nor Pizza Pizza Limited is responsible for this contest or its prize(s).

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14

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Monday, February 25, 2013



Twilight picked for worst picture, worst actress and worst director, among others. HANDOUT

I'd like to thank my lack of emotions: Stewart gets a Razzie

Razzies. Awards handed out the night before Oscars for Hollywood's worst movies

The Twilight team finally has earned some love — or loathing — from Team Razzies.

The Twilight Saga: Breaking Dawn — Part 2 was picked as last year's worst picture Saturday by the Razzies, an Academy Awards spoof that hands out prizes for Hollywood's lousiest movies on the eve of the Oscars.

The finale to the blockbuster supernatural romance dominated the Razzies with seven awards, including worst actress for Kristen Stewart, supporting actor for Taylor Lautner, director for Bill Condon and worst screen couple for Lautner and child co-star Mackenzie Foy.

Adam Sandler was named worst actor for the raunchy comedy That's My Boy, his second-straight win after 2011's Jack and Jill, which swept all 10 Razzie categories a year ago. Pop singer Rihanna won worst supporting actress for the action dud Battleship.

Twilight movies had been

well represented in Razzie nominations over the years but had not won any key awards there. Razzie voters joke that as with The Lord of the Rings finale winning best picture at the Academy Awards, they were waiting for the last Twilight flick on which to heap their scorn.

"I have a pet theory, which is that the box office on Twilight films is very impressive, but my theory is that instead of 40 million individual girls going to see it, it's eight million girls going to see it five times each. People who love those movies just adore them," said Razzies founder John Wilson. "I believe the attitude of people who really love Twilight movies toward this subject is very similar to the pomposity with which the Academy Awards addresses the whole rest of the world. Our whole existence is all about making fun of pompous, so Twilight really is right up our alley."

The Twilight finale also won for worst screen ensemble and worst remake, rip-off or sequel. For worst picture, it beat out Battleship, That's My Boy, the family flick The Oogieloves in the Big Balloon Adventure and

Eddie Murphy's comedy flop A Thousand Words.

Stewart's worst-actress prize came for both Twilight and her fairy-tale update Snow White and the Huntsman.

In the five Twilight movies, Stewart stars as sullen teen Bella Swan, who falls for ageless vampire hunk Edward Cullen (worst-actor nominee Robert Pattinson) and finds herself at the centre of a love triangle with him and her childhood pal, werewolf stud Jacob Black (Lautner).

Stewart set a consistent standard of emotional stoniness throughout the Twilight movies, Wilson said.

"Acting should involve having an expression on your face, and she is blank, other than the morose kind of half-Goth thing her character does," Wilson said. "I didn't realize Snow White and Bella were soul sisters, because of the very limited range of what she can do. I think it was Dorothy Parker who said about Katharine Hepburn that she runs the 'gamut of emotions from A to B.' Kristen Stewart is so expressionless she might as well be a brick wall."

THE ASSOCIATED PRESS

That's My Boy

Sandler's That's My Boy, which also won the worst-screenplay Razzie, flopped at the box office and continues a gradual decline in receipts for the comic actor's movies. "He's an enormous star who is on what I call the 'down-alator' of his career," Wilson said. "He's about to step off the same cliff Eddie Murphy stepped off about 10 years ago. Eddie Murphy has never come back, and Murphy is more talented."





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@Sethrogen
Ah, awards season. Or as I know it, the time of year I learn that I'm too fat for all my suits.

Madonna photos too hot for Instagram's liking

Madonna's foray into photo-sharing may be short-lived if she doesn't clean up her act.

The singer recently joined Instagram, collecting more than 150,000 followers while posting provocative photos of herself as well as images of flowers, horses and artist Frida Kahlo.

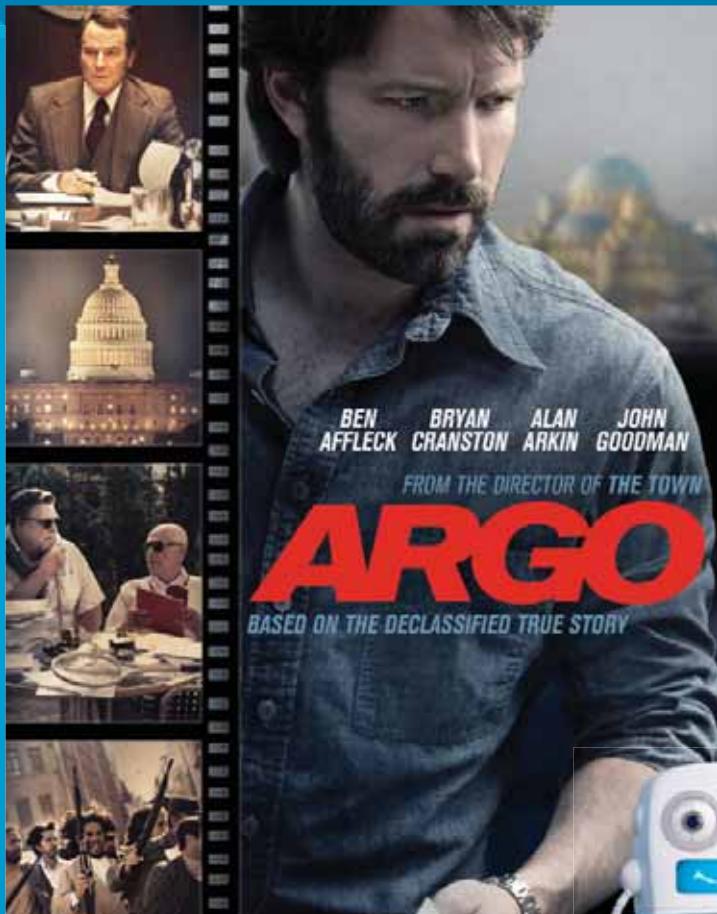
But she's also posted a warning she apparently received from the folks at Instagram about reviewing the site's community guidelines.

"We value these guidelines and believe that they will help keep Instagram a safe and fun place for everyone," the message reads. "It is important to note that continuing to violate them may result in a disabled account or discontinued access to Instagram without warning."



Madonna

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Steven Tyler

'You also could say I snorted half of Peru'

Steven Tyler estimates that he has probably snorted \$5 million or \$6 million worth of cocaine during his drug-abusing days, which is a far cry from his estimate of \$20 million in his 2011

memoir. "But it doesn't matter," he tells Australia's 60 Minutes during an interview. "You also could say I snorted half of Peru, but it doesn't matter. You know, it's what we did."

Pop goes the week

Britney's bodyguard gets a new job and will.i.am gets a new car



STARGAZING
Malene Arpe
scene@metronews.ca

Britney Spears' ex-bodyguard, who once sued her for allegedly harassing him by flashing her lady parts, has become a ghost hunter. I guess nothing can scare him after having seen ... (Nope. No. No, you're not. - ed)

Author Hilary Mantel, who wrote that book about Cromwell you totally pretended to have read three years ago, says that Kate Middleton has a plastic smile, is "dead-eyed" and made for breeding. "Why does some stupid duchess get all the great compliments?" asks a sad Kim Kardashian.

And while on the subject of books you pretend

to have read. The BBC is making a six-part series based on War and Peace.

Mila Kunis confirms she'd like to play Anastasia in 50 Shades. The rest of the world confirms that we would like for this annoying casting process to be over.

Robin Williams and Sarah Michelle Gellar will star in a comedy pilot together. It's going to be so funny when Buffy hunts and stakes Mork ... (Go ahead. Make the joke about Britney. It can't possibly be worse. - ed)

While her injured boyfriend is in pain and bleeding on a stretcher, Paris Hilton poses for a photographer right in front of him. Kris Jenner, Dina Lohan and Joe Simpson ask themselves what they did wrong and what Kathy Hilton did right.

A study suggests that it's better for your health if you just allow yourself to fart whenever you're on a plane. But not if you're sitting next to me.

Russell Brand says that



will.i.am

remaking Arthur was a mistake. He finally got around to watching it. Good for him.

Celebrity Math Question: If Brendan Fraser claims that he cannot possibly afford to pay \$900,000 a year in child support and Mary J. Blige has a new \$900,000 lien against her, while will.i.am pays \$900,000 for a custom-made car, why is Kevin Federline sad? Answer: because, no matter how hard he tries, all he can come up with is \$57,000 in unpaid taxes.



Taylor Swift ALL PHOTOS GETTY IMAGES

Swift accepts she could be subject of ex's music

Taylor Swift doesn't want to be a hypocrite, so she's fine with any of her more musically inclined ex-boyfriends penning tunes about their relationship with the pop-country crooner. "If I'm going to write songs about my exes, they can write songs about me," she tells InStyle UK. "That's how it works. I'm not going to complain about it. I'm not going to sit there and say, 'I'm the only one who can write songs about this relationship.' It's fair game."

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Kathy Buckworth,
kathybuckworth.com

Forget the expensive gym if you have kids. There are more specific spot-toning exercises:

- Toddler squat: You will spend a torturous amount of time squatting in front of them in order to zip up coats, tie shoes, wipe noses, scrub away crusted-on ketchup, discipline and pull up unintentional low rise pants.

- Car seat resistance training: Children will take every opportunity to fight car seat confinement. This is most

effectively achieved by back arching, kicking and arm flailing. It will take all of your strength and toning skills to firmly place the child in the seat while not snapping limbs (theirs).

- Flying boot maneuver: Sitting down and gently pulling off muddy boots takes up valuable time in a five-year-old's day. The preferred method is to

stand on one foot, grasp the antique hall table with a sticky hand, and shake the other foot until the boot is sent flying into your new suede jacket. Duct tape boots to your child's pants to avoid strenuous ducking and dodging.

EXCERPTED FROM JOURNEY TO THE DARKSIDE: SUPERMOM GOES HOME BY KATHY BUCKWORTH, KEY PORTER BOOKS, 2007. THIS BOOK WILL BE AVAILABLE ON AUDIBLE.COM ON FEB. 27.

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Switch to less violent TV for better-behaved kids: study

Picking Sesame Street over Power Rangers.

Substituting shows the most short-term gains for low-income boys

Teaching parents to switch channels from violent shows to educational TV can improve preschoolers' behaviour, even without getting them to watch less, a study found.

The results were modest and faded over time, but may hold promise for finding ways to help young children avoid aggressive, violent behaviour, the study authors and other doctors said.

"It's not just about turning off the television. It's about changing the channel. What children watch is as important as how much they watch," said lead author Dr. Dimitri Christakis, a pediatrician and researcher at Seattle Children's Research Institute.

The research was to be published online Monday by the journal Pediatrics.

The study involved 565 Seattle parents, who periodically filled out TV-watching



Joe Jensen, 2, watches television as a special treat in the afternoon at his home in Seattle. TED S. WARREN/THE ASSOCIATED PRESS

diaries and questionnaires measuring their child's behaviour.

Half were coached for six months on getting their three-to-five-year-old kids to watch shows like Sesame Street and Dora the Explorer rather than more violent programs like Power Rangers. The results were compared with kids whose parents got advice on healthy eating instead.

At six months, children

in both groups showed improved behaviour, but there was a little bit more improvement in the group that was coached on their TV watching.

By one year, there was no meaningful difference between the two groups overall. Low-income boys appeared to get the most short-term benefit.

"That's important because they are at the greatest risk, both for being perpetra-

tors of aggression in real life, but also being victims of aggression," Christakis said.

Before the study, the children averaged about 1 1/2 hours of TV, video and computer game watching a day, with violent content making up about a quarter of that time. By the end of the study, that increased by up to 10 minutes.

Those in the TV coaching group increased their time with positive shows;

Potential issue

The study has some flaws.

- The parents weren't told the purpose of the study, but the authors concede they probably figured it out and that might have affected the results.

the healthy eating group watched more violent TV.

Nancy Jensen, who took part with her now six-year-old daughter, said the study was a wake-up call.

"I didn't realize how much Elizabeth was watching and how much she was watching on her own," she said.

Jensen said her daughter's behaviour improved after making changes, and she continues to control what Elizabeth and her two-year-old brother, Joe, watch. She also decided to replace most of Elizabeth's TV time with games, art and outdoor fun.

During a recent visit to their Seattle home, the children seemed more interested in playing with blocks and running around outside than watching TV. THE ASSOCIATED PRESS

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Serve these with soup and salad for a delicious lighter meal, or serve them as a side dish. The cakes can also be sautéed in a non-stick skillet sprayed with cooking oil. Try brown rice for a change, adding more stock if necessary.

1. Preheat the oven to 400 F. Spray a baking sheet with cooking oil.

2. For the rice cakes, bring the stock to a boil in a saucepan. Stir in the wild rice and simmer for 25 minutes. Add white rice, cover, reduce the heat to medium-low and cook for 10 more minutes, or until the rice is tender. Let the rice cool slightly. Drain off any liquid. Rinse with cold water.

3. Combine the cooled rice, garlic, mozzarella and Swiss cheese, green onion, Parmesan cheese, basil and eggs in a bowl. Stir until well mixed. Using a 1/3-cup measure, form the mixture into approximately 10 patties and

Ingredients

Rice Cakes

- 4 cups vegetable or chicken stock
- 1/2 cup wild rice
- 1/2 cup white rice
- 1 tsp minced fresh garlic
- 1/2 cup shredded part-skim mozzarella cheese
- 1/4 cup shredded Swiss cheese
- 1/4 cup chopped green onion
- 2 tbsp grated Parmesan cheese
- 1 tsp dried basil
- 2 eggs

Sauce

- 1/2 cup tomato-based pasta sauce
- 2 tbsp 2 per cent evaporated milk
- 1/4 tsp dried basil

place on the prepared baking sheet. Bake approximately 12 minutes per side, until browned.

4. For the sauce, heat the tomato sauce, milk and basil in a small saucepan.

5. Serve the rice cakes with the sauce on the side.

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Everyone loves pasta but no one likes calories and fat so be warned that some pasta choices are loaded with an unhealthy combination of both.

Boston Pizza Smokey Mountain Spaghetti and Meatballs

1,730 calories / 63 g fat These are quite the "meat-a-ballas!" Literally a mountain of spaghetti smothered in Bolognese sauce with large meatballs and cheddar cheese. This represents your entire day's calories and three quarters of your daily fat!



Equivalent

Same as having 2 1/2 orders of bruschetta in calories.

Boston Pizza Fettuccini with Bolognese sauce

730 calories / 9 g fat This "make your own" pasta selection is the way to go. You end up with a normal serving size of pasta that will save you at least half the calories and a fraction of the fat.



Tasty appetizers. Veggie steamed dumplings

Ingredients

Makes 48 dumplings

Start to finish: 45 minutes

- 12 ounces seasoned baked tofu, cut into cubes
- 6 scallions, ends trimmed
- 2 cloves garlic
- 1/4 cup fresh cilantro, leaves and stems
- 1/2 cup finely grated carrots
- 1 whole egg or 2 egg whites, beaten
- 2 tbsp hoisin sauce
- 2 tbsp soy sauce
- 1 tbsp toasted sesame oil
- 1 tsp hot sauce
- 12-ounce package 3-inch square wonton wrappers



per. Dunk your fingers in water, then use them to wet the edges of the wrapper. Gather the edges of the wrapper over the filling, pinching them together to form a small bundle. Repeat with the remaining filling and wrappers.

3. In a large pan, bring about 1 inch of water to a boil. Set a bamboo or other steamer basket over the water, then lightly coat it with cooking spray.

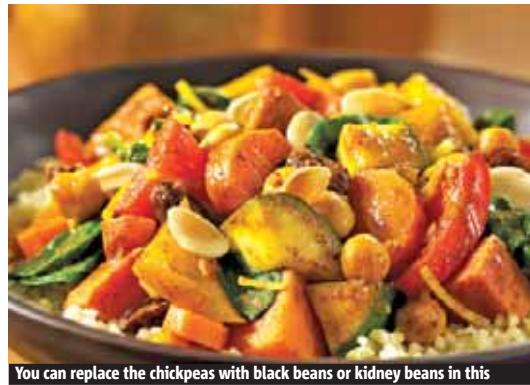
4. Working in batches if necessary, arrange the dumplings in the steamer (they should not touch), then cover and steam for 10 minutes.

5. Meanwhile, prepare the sweet and sour sauce. In a small saucepan over medium heat, combine the vinegar, brown sugar, jam, ketchup, soy sauce and hot sauce. Bring to a simmer. In a small glass, mix the cornstarch and water, then add to the saucepan. Simmer for another 2 minutes, or until slightly thickened. **THE ASSOCIATED PRESS**

1. In a food processor, combine the tofu, scallions, garlic, cilantro, carrots, egg, hoisin, soy sauce, sesame oil and hot sauce. Pulse until the tofu is finely chopped, but not ground, about 10 1-second pulses.

2. One at a time, place 1 teaspoon of the mixture in the centre of each wonton wrap-

Add a little Moroccan flair to an easy-to-make vegan curry



You can replace the chickpeas with black beans or kidney beans in this recipe for a variation. **HANDOUT**

Ingredients

- 2 tbsp canola oil
- 1 1/2 cups chopped onions
- 4 cloves garlic, minced
- 2 tbsp curry powder
- 2 tsp ground cinnamon
- 1 tsp ground turmeric
- 1 tsp cayenne pepper
- 1/2 cup vegetable broth or water (approx)
- 1 eggplant, peeled and cut into 3/4-inch cubes
- 2 cups cubed peeled sweet potatoes
- 2 cups chopped carrots
- 1 1/2 cups chopped yellow bell peppers
- 1 1/2 cups chopped red bell peppers
- 1 can chickpeas, drained and rinsed
- 2 cups diced zucchini
- 1/4 cup raisins
- 1 cup unsweetened orange juice
- 1 pkg frozen chopped spinach, thawed and drained
- 2 cups couscous
- 2 cups boiling water
- 1/4 cup sliced almonds
- Grated zest and juice of 1/2 lemon

A rainbow of colours provides a variety of nutrients in this flavourful vegan dish. Chop all the vegetables except the eggplant the night before to reduce preparation time.

1. In a large Dutch oven, heat oil over medium heat. Sauté onions for 3 to 4 minutes or until softened. Add garlic, curry powder, cinnamon, turmeric and cayenne; sauté for 1 minute or until spices are fragrant.

2. Add broth and deglaze pan, scraping up any brown bits. Add eggplant, sweet potatoes, carrots, yellow peppers and red peppers; sauté for 5 minutes. If vegetables begin to stick to pan, add more broth.

3. Stir in chickpeas, zucchini, raisins and orange juice; bring to a boil. Reduce heat to low, cover and simmer for about 20 minutes or until sweet potatoes are fork-tender. Stir in spinach; cover and simmer for 5 minutes or until heated through.

4. Meanwhile, place couscous in a large shallow bowl. Stir in boiling water. Cover and let stand for 5

minutes or until liquid is absorbed. Fluff with a fork.

5. Spoon vegetable mixture over couscous and garnish with almonds, lemon zest and lemon juice. **MAKES 10 SERVINGS. NUTRITION INFORMATION PER SERVING: 299 CALORIES; 5.3 G FAT; 57 G CARBOHYDRATE; 8 G FIBRE; 9 G PROTEIN; 202 MG SODIUM.**

THE CANADIAN PRESS/COOKI DIETITIANS OF CANADA (ROBERT ROSE INC., 2011).



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Teresa Kruse
life@metronews.ca

Name: Carla Smith
City: Vancouver
Age: 33
Occupation:
Architect

Fascinated with the buildings of Vancouver, Carla designed her first dream home when she was 11 years old.

Following her passion for architecture, she was awarded a full scholarship

at the University of Southern California and went on to land her first job in Boston.

Realizing that she missed her family, she moved back to Vancouver in 2007. She currently works at a local firm and says that she's always pushing herself to make a design better because the extra effort makes a huge difference for the client and leads to overall satisfaction with her job.

I knew I was on my way when...

I got my first full-time job in Boston. I was working on a multi-family residential project for a hotshot developer when two

senior architects left the company, leaving me in charge of the project. I was inexperienced and it was "baptism by fire" but I got the job done.

Architecture is a life-long learning experience and I don't think you ever feel like you've got it. You're always discovering new things with every project you work on. It's never going to get boring and the long hours are worth it in the end.

Action Plan**Don't let your perceived barriers stand in your way.**

People often say, "I wanted to be an architect but I

can't draw," or, "I'm no good at math". Drawing is a skill that anyone can learn and I never took a single math class in university. You can tailor a career in architecture that fits with your particular skills.

You have to want it.

An architecture education and career are only going to be rewarding for those who have a passion for it.

Bring something fresh.

It's easy to get locked into doing things the way they've always been, but the most memorable and successful designs are those that bring a touch of fun and something unique.



Carla Smith leapt headfirst into a career in architecture. GAILE GUEVARA

Lost your job? Here are some tips on making a graceful exit

Now what?

A positive outlook, solid references and a clean online profile can all help smooth over the transition during unemployment

**YVLA
VAN BUREN**
careerbear.com

If you've just been handed a pink slip and were escorted out the door by your boss, the first thing you should do is take a deep breath and prepare wisely for the next step in your work life. Stefan Danis, chief executive officer at Mandrake, provides this advice and suggests a timeline of one or two months to get started.

1. Be selective about who you speak to right away in your business network. You don't want to be emotional with colleagues. "It's important to first create the right narrative for what has happened and what is going to happen," Danis says.



Losing your job can be tough, but it's important to avoid cynical feelings about your old workplace, says Mandrake CEO Stefan Danis. ISTOCK PHOTO

2. Take time to regroup. In most cases, it's going to take far longer than you think to get back up and be re-employed, and you will go through stages

of anxiety, fear and concern. Take advantage of available EAP assistance or speak to a career counsellor or an executive coach.

3. Set yourself up as a contract worker as soon as possible — if it's appropriate in your industry. "Your focus becomes one of trying to solve a potential organizational need and solving needs is a repeatable activity. If you use your network to look for a job and you're unemployed, you can only go to your network once. It's different if you're a contract worker and can go back a few times and talk about their issues — not yours," says Danis.

4. Prepare your résumé and line up at least three references including one from your

Onward and upward

"This is the time to start with the end in mind and move in that direction, uninhibited by the past job and our reaction to losing it."

Stefan Danis, CEO, Mandrake

last job. "Hiring organizations want to mitigate the risk of a bad hire. Offering references upfront helps to do this. It's a critical error to be dismissive and cynical when it comes to an end. You want the head of HR to remember what you did while there as opposed to how you left," Danis says, adding that more than three references will be an advantage.

5. Craft your online presence. Set up your own webpage, get onto LinkedIn to grow your network and review and clean up your Facebook account — anyone who interviews you will likely Google you first.

6. Do some self-inquiry work to ensure the path you want to take is not based on an emotional response to what just happened, Danis says. Make sure you're not trying to continue on the same path when other options may be better. Think about your val-

The great web of work

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ues. What makes you happy at work? When you're in a career transition, this question could help you figure out where you should work and why.

7. Be positive. "I'm a believer that what you radiate early in your networking will have a significant impact on where your journey's going to lead you," Danis says. According to the CEO, the résumé gets you the interview but then your attitude determines why you stand out from the other candidates. Remember also that staying positive is important because "on the other side of a few weeks out lurks unmet expectations and possibly a negative attitude." This includes cynicism and anxiety, which are natural feelings that come from being unemployed.

Now you're ready to send an announcement or email to your network talking about your consultant work.

"Be sure to do some inquiry work after you have lost your job. We tend to revert to what is easy as opposed to what's right for us," Danis said.



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Curling

Homan takes home the gold at the Scotties

Ontario's Rachel Homan defeated Manitoba's Jennifer Jones 9-6 on Sunday night to win the gold medal at the Scotties Tournament of Hearts.

It was the first national women's curling title for Homan and her Ottawa Curling Club team of Emma Miskew, Lisa Weagle, Alison Kreviazuk and alternate Stephanie Drew. They will represent Canada at next month's world women's curling championship in Riga, Latvia.

"I can't even comprehend what just happened right now," Homan said. "It's unbelievable."

The Ontario skip hugged her teammates and coach after the victory and was overcome with emotion while speaking to reporters after the win.

Jones, a four-time national champion, tied the game with a double in the sixth end but Homan regained the lead in the seventh.

She cleared two Manitoba stones from the eight-foot with her first shot. Jones was heavy with her final throw, leaving Homan with a draw to score three for a 7-4 lead. Ontario padded its lead with a steal of two after Jones missed a triple-takeout attempt in the eighth end.

"They played great," Jones said. "They played lights out and they deserved to win today."

THE CANADIAN PRESS



Rachel Homan THE CANADIAN PRESS



Calgary Flame Mark Giordano, left, tries to help his goaltender Joey MacDonald defend the net against the Phoenix Coyotes on Sunday in Calgary. DEREK LEUNG/GETTY IMAGES

Two quickfire goals rescue win for Flames

NHL. Calgary scores on first shot against Coyotes goalie Mike Smith after he recorded shutout in meeting last week

Calgary captain Jarome Iginla scored twice Sunday night and the Flames had goals 23 seconds apart in the game's final two minutes to rally back for a 5-4 victory over the Phoenix Coyotes.

It was a turbulent third period for the home team, who had surrendered a 3-2 lead held entering the final 20 minutes. In the middle of it all was Iginla, who entered the night with one goal on the season and just two in his last 28 games.

On Sunday

5	4
Flames	Coyotes

Tim Jackman and Mike Cammalleri also scored for Calgary (7-7-3), which wraps up its three-game homestand with back-to-back victories against two teams it is chasing in the Western Conference.

Raffi Torres had a pair to lead the way for Phoenix (8-7-3). Michael Stone and Nick Johnson also scored.

Trailing 3-2 entering the third period, Torres notched his second of the night at 2:22.

The Coyotes winger started the sequence with a nifty behind-the-back pass to defenceman Zbynek Michalek as he crossed the Flames' blue-line. Torres then raced for the net and buried Michalek's return pass behind Joey MacDonald.

At 8:48, Nick Johnson put the Coyotes into the lead backhanding in a rebound from Oliver Ekman-Larsson's point shot.

An eventful second period saw Phoenix score twice to erase a 1-0 deficit before Calgary stormed back with two goals in the final four minutes of the period to regain a one-goal lead.

Phoenix tied it 1-1 at 5:32 on a tough break for Flames defenceman Jay Bouwmeester, who had Michael Stone's point shot carom off defensive partner Mark Giordano in front and hit him in the skate as he tried to control it and bound straight into the net.

The goal came six seconds after the Coyotes were put right back onto the power play for the third time in the period. Boosted by a couple key faceoff wins by Blake Comeau, the Flames had just finished effectively killing off a 1:43 two-man advantage.

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Lowe's Chevrolet driver Jimmie Johnson celebrates in victory lane after winning the NASCAR Sprint Cup Series Daytona 500 on Sunday in Daytona Beach, Fla. CHRIS GRAYTHEN/GETTY IMAGES

Johnson returns to winning ways at Daytona 500

NASCAR. Five-time Sprint Cup champ wins in 400th career start to outdo pole-sitter Patrick on historic day for racing

A big first for Danica Patrick, but an even bigger second for Jimmie Johnson.

Patrick made history up front at the Daytona 500 Sunday, only to see Johnson make a late push ahead of her and reclaim his spot at the top of his sport.

It was the second Daytona 500 victory for Johnson, a five-time NASCAR champion who first won the "Great American Race" in 2006.

"There is no other way to start the season than to win the Daytona 500. I'm a very lucky man to have won it twice," said Johnson, who won in his 400th

career start. "I'm very honoured to be on that trophy with all the greats that have ever been in our sport."

It comes a year after Johnson completed only one lap in the race because of a wreck, and just three months after Johnson lost his bid for a sixth Sprint Cup title to go two years without a championship after winning five straight.

Patrick, the first woman to win the pole, also became the first woman to lead the race. She was running third on the last lap, but faded to eighth at the finish and admitted she'll replay it over in her mind.

"I would imagine pretty much anyone would be kicking themselves about what they coulda, shoulda have done to give themselves an opportunity to win," she said. "I think that's what I was feeling today, was uncertainty as to how I was going to accomplish that."

THE ASSOCIATED PRESS

Crash concerns

Fans feeling unsafe after the terrifying crash at Daytona International Speedway a day earlier were able to change seats for NASCAR's biggest race on Sunday.

- Workers repaired a section of fence — 54 feet wide and 22 feet high — that was shredded Saturday when Kyle Larson's car went airborne on the final lap of a second-tier race and crashed through the barrier that separates cars from fans. Large pieces of debris sprayed into the upper and lower section of the stands.

- Saturday's crash injured more than 30 people, raising more questions about fan safety at race tracks.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	40	14	.741	—
Atlanta	35	21	.625	6
New York	33	20	.623	6 1/2
Brooklyn	33	29	.579	8 1/2
Atlanta	31	23	.574	9
Chicago	32	24	.571	9
Boston	29	27	.518	12
Milwaukee	26	28	.481	14
Toronto	23	33	.411	18
Philadelphia	22	32	.407	18
Detroit	22	36	.379	20
Cleveland	18	38	.321	23
Washington	17	37	.315	23
Orlando	15	41	.268	26
Charlotte	13	43	.232	28

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	45	13	.776	—
Oklahoma City	41	15	.732	3
L.A. Clippers	40	18	.690	5
Memphis	37	18	.673	6 1/2
Denver	35	22	.614	9 1/2
Golden State	33	23	.589	11
Utah	31	25	.554	13
Houston	31	27	.534	14
L.A. Lakers	28	29	.491	16 1/2
Portland	26	30	.464	18
Dallas	25	30	.455	18 1/2
Minnesota	20	33	.377	22 1/2
New Orleans	20	37	.352	24 1/2
Sacramento	19	38	.332	25 1/2
Phoenix	18	39	.316	26 1/2

Note: division leaders ranked in top three positions regardless of winning percentage.

Sunday's results

L.A. Lakers 103 Dallas 99
Golden State 100 Minnesota 99
Miami 109 Cleveland 105
New Orleans 110 Sacramento 95
Memphis 76 Brooklyn 72
New York 99 Philadelphia 93
San Antonio 97 Phoenix 87
Portland 92 Boston 86
Oklahoma City 102 Chicago 72

Saturday's results

Washington 105 Houston 103
Denver 113 Charlotte 99
Cleveland 118 Orlando 94
Miami 114 Philadelphia 90
Indiana 90 Detroit 72
Atlanta 103 Milwaukee 102
L.A. Clippers 107 Utah 94

Monday's games — All Times Eastern

Toronto at Philadelphia, 7 p.m.
Montreal at Ottawa, 7:30 p.m.
Atlanta at Detroit, 7:30 p.m.
Boston at Utah, 9 p.m.
L.A. Lakers at Denver, 9 p.m.

NHL

EASTERN CONFERENCE

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	19	13	6	0	65	48	26
New Jersey	19	10	5	4	48	49	24
Atlanta	20	9	10	1	58	62	19
NY Rangers	17	8	7	2	41	44	18
NY Islanders	19	8	10	1	56	64	17
Toronto	23	33	411	18			
Philadelphia	22	32	.407	18			
Detroit	22	36	.379	20			
Cleveland	18	38	.321	23			
Washington	17	37	.315	23			
Orlando	15	41	.268	26			
Charlotte	13	43	.232	28			

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	18	12	4	2	52	39	26
Boston	15	11	2	2	45	34	24
Ottawa	19	11	6	2	46	36	24
Toronto	19	11	8	0	53	44	22
Buffalo	19	6	12	1	48	63	13

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	17	9	7	1	50	51	19
Tampa Bay	18	9	8	1	69	58	19
Winnipeg	18	8	9	1	48	57	17
Florida	18	5	9	4	42	65	14
Washington	17	6	10	1	48	55	13

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	18	10	4	4	52	48	24
Minnesota	17	8	7	2	37	42	21
Calgary	17	7	7	3	48	59	17
Edmonton	17	7	7	3	40	46	17
Colorado	17	7	8	2	42	51	16

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	16	13	2	1	57	42	27
San Jose	17	8	6	3	41	39	19
Dallas	18	9	8	1	47	48	19
Phoenix	18	8	7	3	50	49	19
Los Angeles	16	8	6	2	40	39	18

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

SCORING LEADERS

	G	A	Pt
Stamkos, TBL	12	14	26
Vanek, Buf	12	13	25
Crosby, Phg	7	18	25
Tavares, NYI	12	11	23
Kane, Chi	9	14	23
St. Louis, TBL	4	19	23
Voracek, Phi	7	15	22
Zetterberg, Det	5	17	22
Moulson, NYI	9	12	21
Ribeiro, Wash	6	15	21
Elias, NJ	5	16	21
Malkin, Phg	4	17	21
Datsyuk, Det	8	12	20
Kunitz, Phg	7	13	20
Marleau, SJ	12	6	18
Staal, Car	8	10	18
Giroux, Phi	6	12	18
Thornton, SJ	4	14	18
Neal, Phg	12	5	17
Kovalchuk, NJ	7	10	17
Duchene, Col	6	11	17
Schenk, Phi	6	11	17
Lecavalier, TBL	6	11	17
Gagner, Edm	5	12	17
Sedin, Van	5	12	17
Purcell, TBL	4	13	17
Clarkson, NJ	10	6	16
Ladd, Win	9	7	16
Conacher, TBL	6	10	16
Steen, StL	4	12	16

Not including last night's games

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Horoscopes

♈ Aries

♉ Libra

Sept. 24 - Oct. 23

Luck comes to those who think they deserve it, so believe you are being looked after by a lucky star and good fortune will most likely smile on you this week. Life doesn't have to be all about doom and gloom.

♉ Taurus

April 21 - May 21

What occurred over the weekend may not have struck you as funny but it should have. What happened to the sense of humor? Or do you only laugh when the joke is on someone else? Lighten up, it's life.

♊ Gemini

May 22 - June 21

Try to be tactful if you have to explain to a friend or work colleague how and why they got something wrong. There is a right way and a wrong way to point out mistakes. Choose the right way.

♋ Cancer

June 22 - July 23

Major changes are on their way. Don't bother trying to fight them. The forces at work are far too strong for you to stand against them. And why would you want to when they are in your favor?

♌ Leo

July 24 - Aug. 23

Even difficult situations should be easy to handle today. However, one thing you need to be aware of is that travel and social plans may be subject to delays. There's not a lot you can do but grin and bear it.

♍ Virgo

Aug. 24 - Sept. 23

It would appear that something has been bubbling away in your subconscious for some time but is now ready to break through and be taken seriously. It will lead to some radical changes in the way you think.

♏ Scorpio

Oct. 24 - Nov. 22

You may be industrious but you cannot possibly do it all on your own. Seeing as how you have so much work to plough through over the next few days, why would you even want to consider it?

♐ Sagittarius

Nov. 23 - Dec. 21

If certain avenues of expression are blocked to you today maybe you should see it as the planets' way of telling you that an alternative route needs to be found. Think for yourself and realize you have so many choices.

♑ Capricorn

Dec. 22 - Jan. 20

There is no point getting emotional about things over which you have no control. There are still many issues you can have a say on and those are the things you must focus on now. Get real and stay real.

♒ Aquarius

Jan. 21 - Feb. 19

If what a friend requests of you is beyond your powers to deliver you must let them know immediately. Don't pretend that you might be able to help them when, deep down, you know it isn't going to happen.

♓ Pisces

Feb. 20 - March 20

The storms clouds of recent weeks have begun to break up and the sunshine is now pouring through. Think positive, act positive and believe that positive things are going to occur over the next few days – and they will.

SALLY BROMPTON

Crossword: Canada Across and Down

BY KELLY ANN BUCHANAN

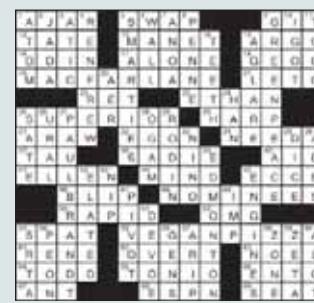
Across

1. Royal Highness
4. Faith, for short
7. Niagara-on-the-Lake theatre festival in Ontario
11. "It takes ___ tango."
13. Ms. Green of "Casino Royale" (2006)
14. Winter/Summer Olympian Ms. Hughes
15. Deficient in energy
17. Keep an ___ mystery
18. B-F inbetweeners
19. Adjustment back to order
21. From longest ago
23. Simplicity
24. 'Par' add-on (Sitting room)
25. Lead/tin alloy
27. ___-mo replay
30. Seaside
32. Credit card user
34. Criminal associations
35. Breath ___ of relief
37. Phoned
38. Early-1900s art movement
40. Paper craft of Japan
42. Undercover agent
43. Sample food
45. Dem's political rival
46. Prefix with 'dynamic'
47. Sculptor's tool
50. Canadian potato chips since 1987: 2 wds.
54. Flatline
56. Furious
57. Winnipeg band, ___ Dummies
59. Ancient king of Crete
60. One: German
61. Radiant visions of light
62. "This ___ outrage!"
63. Web feed syst. for updates
64. Climber's l'l conquests

Down

4. Boat race meets
5. Good vs. ___
6. More like a doily
7. Gooey gunk
8. Rabbit-like animal
9. Elvis Presley's middle name at birth
10. Float, as a scent
11. "No Scrubs" group
12. 1995 Montell Jordan hit: "This Is How ___ It"
14. "I ___ for Miles" by The Who: 2 wds.
16. Hi-___ graphics
20. Ben Kingsley title film role
22. "___ say, not..."
26. Poet T.S. (b.1888 - d.1965)
27. Calgary's football team
28. Actress Ms. Anderson
29. Association, for short
30. Sudden political takeover
31. Type of soy sauce
33. Hillsides
34. Rap music's Hammer, et al.
36. Ancients like Aristotle
39. Mr. McQueen's
41. Bestselling author John
44. Many call it football
46. British car, ___ Martin
48. She's opposite
49. Ms. Kudrow
50. Mariah Carey album: 'The Emancipation of ___'
51. Goo Goo Dolls hit
52. Capital city of Yemen [var. sp.]
53. Reality star Ms. Jenner
55. Ands: French
58. Famed tomb king

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

7	8	3	4	9	1	6	2	5
4	5	2	8	7	3	1	9	8
1	9	6	5	2	8	7	4	3
8	2	4	1	5	6	9	3	7
5	7	9	2	3	4	8	1	6
6	3	1	9	8	7	2	5	4
9	4	8	3	6	2	5	7	1
3	6	5	7	1	9	4	8	2
2	1	7	8	4	5	3	6	9

6	8	1		
5	9	7		
7	1	4	3	6
8	3	1	4	9
5	2	3	4	1

Weather

TODAY



MAX: 5°
MIN: -2°

TUESDAY



MAX: -4°
MIN: -7°

WEDNESDAY



MAX: 1°
MIN: -8°



ANDREW SCHULTZ
METEOROLOGIST

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."
WEEKDAYS 5:30 AM

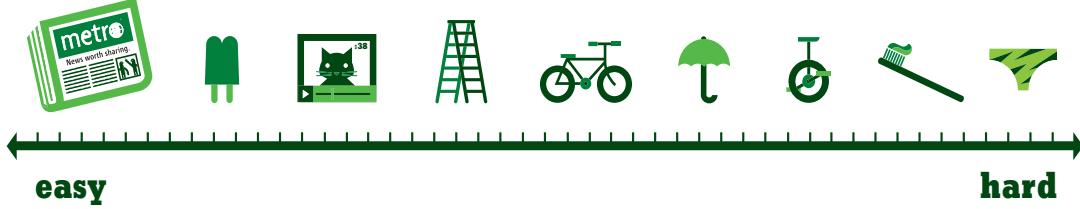


GOD'S PROMISE

The Lord is my light and my salvation, so why should I be afraid? The Lord is my fortress, protecting me from danger, so why should I tremble?
(Psalm 27:1)

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